

Police Athletic League
P.O. Box 1501
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ELKO, Nevada Police Athletic League Basketball Rules

I. Authority:

The PAL Basketball Program operates under the authority of the Charter of the National Police Athletic / Activities League and local bylaws maintained by the PAL President and the appointed Board of Directors of the Elko Police Athletic League. The Elko Police Athletic League is a State of Nevada Not for Profit Corporation, DBA Elko Nevada Police Athletic League, Inc. Sponsorship of the National Police Athletic / Activities League charter is granted by the City of Elko Nevada Police Department and the Elko County Sheriff's Office.

The PAL Board of Directors shall hold elections for the Board of Directors. The Board shall consist of a President, Vice President and a Secretary. Term limits for Board members shall be a minimum of two years. It shall be at the discretion of the PAL President to add or remove members to the Board as needed.

Associate Board members shall be one representative from each community and shall be non-voting members.

II. Basketball League Mission Statement:

The PAL Basketball Program is conducted to promote sportsmanship, provide enjoyment of athletics and to teach the fundamentals of basketball. It is the goal of this program to develop enthusiasm and interest in the game of basketball as well as to provide a forum for a positive interactive relationship between Law Enforcement, adults and the children of our community.

III. Administration:

A. PAL Directors:

The seven (7) PAL Directors are responsible for the general oversight of the functioning of the League. Their responsibility lies in insuring the smooth operation of the League and the promotion of the League in a positive manner.

B. Board of Directors:

The Board of Directors is an advisory board and is responsible for the oversight of rules compliance, and the daily operations of the League. The Board may hear complaints and special concerns, however, the final ruling shall be made by the PAL President with the recommendations of the Board. They shall annually review the League's rules and amend them as needed for the betterment of the League and players.

C. Coaches:

Coaches are responsible for his/her team's practices and games, and for the conduct of all persons connected with his/her team. Coaches are encouraged to have a team dad/mom to assist during practices. Coaches are encouraged to have at least one assistant coach as well. All coaches are subject to review by the Board of Directors. No one under 16 years of age will be allowed to coach a team, but may assist under the direct supervision of a coach who is at least 18 years of age. Any coach under the age of 18 must be approved by the Board of Directors. Assistant coaches must take an active, participatory role in the training and coaching of the team's players.

D. Officials:

The Board of Directors will obtain the most competent officials available.

E. Director of Officials:

The Director of Officials will be appointed by the Board of Directors and/or President or area representative and will be responsible for the training and conduct of officials working the scheduled games.

F. Players:

Children participating in the Police Athletic League activities are required to play within their respective age and grade level groups. However, in some instances a child may play at a higher age or grade level, upon the approval of the Board of Directors, PAL President or area representatives.

IV. Code of Ethics:

A. PAL Harassment Policy:

- 1) There will be no tolerance of harassment in the PAL organization.
- 2) PAL is committed to providing a sports environment in which all individuals are treated with respect and dignity. Each individual has the right to participate in an environment that promotes equal opportunities and prohibits discriminatory practices.
- 3) PAL is committed to the education of all of its members in the area of harassment.
- 4) This policy applies to all board members, officials, coaches, volunteers, players and parents of PAL. PAL promotes that prompt reporting of all incidents of harassment regardless of who the offender may be. All incidents should be reported to the Board of Directors or other board member immediately.
- 5) PAL will act quickly on any complaint of harassment with the goal of resolving the situation fairly and to prevent future occurrences, including determination and enforcing appropriate discipline, if required.

6) All reports shall protect the dignity and rights of those involved, therefore, a fair investigation shall be conducted and confidentiality maintained as much as possible.

B. Complaint procedure:

1) A person who thinks he/she has been subjected to conduct constituting harassment under this policy (complainant) is encouraged to make it known to the person responsible for the conduct (respondent) that the conduct is unwelcome, offensive and contrary to this policy.

2) If confronting the respondent is not possible, or if after confronting the respondent the conduct continues, the complainant should report and document the conduct in writing to the PAL President.

3) Upon receiving of the complaint, the Board of Directors shall review the written complaint from the complainant. The statement will include a detailed explanation of the conduct, date(s) of occurrence, any witnesses and a statement regarding the meeting the complainant had with the respondent, if applicable.

4) The PAL President will meet with the complainant as soon as practical and advise the complainant of:

- a) The option of pursuing an informal resolution of the complaint;
- b) The right to make a formal complaint if an informal resolution is inappropriate or not feasible;
- c) The availability of counseling and other resources;
- d) The confidentiality provisions of this policy;
- e) The right to be represented by a person of his (her) choice, including legal counsel, at any stage of the complaint process;
- f) Any other avenues of recourse, including reporting the incident to the proper authorities.

5) Following the initial meeting, any of the following steps may be taken:

a) If the complainant and the PAL President agree the conduct does not constitute harassment, the PAL President will take no further action and no written record of the alleged complaint shall be made;

b) If the complainant wishes to proceed with an investigation, the matter will be reported to the director and an investigation shall be started;

c) If the PAL President believes the alleged conduct constitutes *prima facie* evidence of harassment, irrespective of the desire of the complainant to proceed with the complaint, the following steps may be taken; if the complainant wishes to pursue an informal resolution, the PAL President will meet with the Respondent with a view to obtain an apology and an assurance that the offensive conduct will not be repeated; if the Complainant does not wish to pursue an informal resolution, the PAL President may either contact with respondent with a view to obtain an apology and assurance that further such conduct will not occur or, proceed with an investigation and upon completion of the investigation take appropriate disciplinary action. Documentation of the investigation is required.

6) Investigations of alleged harassment:

- a) The PAL President shall investigate all complaints that are not resolved informally.
- b) The PAL President shall give the complainant and respondent a copy of the complaint within ten (10) days of receipt of the complaint unless more time is required.
- c) The PAL President shall advise the Respondent that he/she has a right to be represented by a person of his choice including a legal advisor. The respondent will be given the opportunity to respond at that time.
- d) The respondent will have ten (10) days to give a written response to the Board member.
- e) The PAL President will complete the investigation within thirty (30) days of receiving the complaint.
- f) All investigations shall be done adhering to the following rules:
 - 1) Everyone has the right to a fair hearing in the course of determining whether an infraction has been committed;
 - 2) The issues should be clearly and concisely stated so that the accused is aware of the essentials of the complaint;
 - 3) The accused has the right to have representation of his (her) choice; relevant information must be made available to all parties;
 - 4) The accused has the right to call and cross-examine witnesses;
 - 5) The accused has a right to the written decision following the judgment;
 - 6) The accused has the right to appeal the decision if there are grounds to do so;
 - 7) The decision-maker(s) has the duty to listen fairly to both sides and reach a decision untainted by bias.
 - 8) All appeals must be filed with the PAL President within 10 days of the respondent receiving the notice of decision.
 - 9) Appeals will be heard by the Board within 15 days of the appeal being received.

C. **Definitions:**

Appeal's Board: Shall be the entire PAL Board of Directors.

Harassment: Behavior including comments, conduct or gestures which is insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to an individual or group of individuals or which creates an uncomfortable environment or which might reasonably be expected to cause harassment, insecurity, discomfort, offense or humiliation to another person or group, including but not limited to:

- Written or verbal abuse or threats;
- Physical assault;
- Unwelcome remarks, jokes, innuendoes or taunting about a person's body, sexual orientation, attire, age, marital status, ethnic or racial origin, religion, etc.;
- Displaying of sexually explicit, racist or other offensive or derogatory material including sexual, racial, ethnic or religious graffiti;
- Practical jokes which cause awkwardness or embarrassment, endangering a person's safety or negatively affecting performance;
- Hazing or initiation rites;
- Leering or other suggestive or obscene gestures;
- Intimidation
- Condescension, paternalism or patronizing behavior which undermines self-respect or adversely affects performance;
- Conduct, comments, gestures or contact of a sexual nature that is likely to cause offense or humiliation or that might, on reasonable grounds, be perceived as placing a condition of a sexual nature on opportunity within our organization;
- False accusations of harassment motivated by malice or mischief meant to cause another person harm;
- Any comments, conduct, gestures or contact involving unwelcome sexual advances, request for sexual favors or other conduct of a sexual nature when: such conduct might be reasonably expected to cause embarrassment, insecurity discomfort, offense or humiliation to another person or group; submission to such conduct is made implicitly or explicitly a condition of participation in the PAL organization; submission to or rejection of such conduct is used as a basis for participation in the PAL programs or organization; such conduct has the purpose or effect of interfering with a person's performance or creates an intimidating, hostile or offensive environment within the PAL organization.

Discipline: Corrective actions taken by the Board or its designee for infractions or violations of PAL rules. Discipline may include:

- A verbal apology;
- A written apology;
- A letter of reprimand from PAL;
- Referral to counseling;
- Sensitivity training in harassment issues;
- Temporary removal from PAL;
- Permanent removal from PAL.

V. Ethical Standards

A. General Standard:

While many aspects of personal behavior and private activities seem far removed from official duties of coaching, all coaches should be sensitive to their position as a role model for our youth. Private activities perceived as immoral, illegal or unethical can influence the coaching environment. Coaches are encouraged to observe the standards of the Ethics Code consistently.

Respecting others: Coaches respect the rights of others to hold values, attitudes and opinions that differ from their own. This is especially important at competitions where unfavorable judgments and other decisions by officials may arise. Coaches shall not endorse attitudes on the part of others (parents, players, assistants) which demonstrate a lack of respect for any participants. Such comments are not allowed by contestants toward one another during competition and should not be tolerated by a coach.

Coaches do not engage in discrimination based on age, gender, race, ethnicity, national origin, sexual orientation, disability, language, socioeconomic status or any basis prescribed by law.

Coaches do not engage in sexual harassment. Coaches accord sexual harassment complainants and respondents with dignity and respect. Coaches do not deny an athlete the right to participate based upon the athlete having made or being the subject of any harassment charges.

Coaches do not engage in behavior that is harassing or demeaning, to persons whom they interact with, based upon such factors as race, age, gender, etc.

Coaches recognize that their personal problems and conflicts may interfere with their effectiveness. Accordingly, they refrain from undertaking an activity when they know or should know that their personal problems are likely to lead to harm to the athletes to whom they have an obligation. When coaches become aware of personal problems that are interfering with their duties, they take appropriate measures such as obtaining professional consultation, limiting their involvement or withdrawal from the PAL activity as necessary for the benefit of the youth.

Coaches take reasonable steps to avoid harming their athletes or other participants, and to minimize harm where it is foreseeable and avoidable. In this regard, knowledge of sexual promiscuity by members of the team, especially juniors, shall not be endorsed by the coach.

Coaches do not exploit athletes or participants over whom they have supervisory or other authority. Coaches do not engage in sexual or romantic relationships with athletes or other participants over whom the coach has direct or indirect authority because such relationships are likely to impair judgment or be exploitive in nature.

Coaches strive to maintain high standards of excellence in coaching. Coaches keep abreast of rule changes and are knowledgeable of the rules and coaching techniques.

Coaches seek to promote integrity in the practice of coaching. Coaches are honest, fair and respectful of others. Coaches respect the fundamental rights, dignity and worth of all participants. Coaches are aware of cultural, ethnic and individual differences including those related to age, gender, religion, etc. Coaches do not knowingly participate in any unfair discriminatory practices.

Coaches are aware of their ethical responsibilities to the community in which they live and coach. Coaches comply with the law and conduct themselves in a positive fashion as the role model for their players and other participants.

Coaches are representatives of the PAL organization. Coaches do not make statements that are misleading or degrading which would reflect negative values of the PAL organization. Any public statements or advertising by coaches will be approved by the PAL President prior to being done.

Coaches do not tolerate or endorse the use of performance-enhancing or other illegal drugs or alcohol by players, coaches or other participants. Coaches support a drug-free environment.

Coaches shall not use alcohol or tobacco products in conjunction with all PAL activities. Coaches shall forbid the use of alcohol or tobacco by all minors.

B. Resolving Ethical Issues:

Coaches have an obligation to be familiar with this Ethic's Code as well as the remainder of the PAL rules. Lack of awareness or misunderstanding of the Ethic's Code is not itself a defense to a charge of ethical misconduct.

When a coach is uncertain whether a particular situation or course of action would violate the Ethics Code, the coach would ordinarily consult a member of the Board of Directors.

When a coach believes there has been a violation of the Ethic's Code or other rule by another coach, they attempt to resolve the issue by bringing it to the offending coach's attention if an informal resolution appears appropriate and when intervention does not violate any athlete's rights that may be involved. If an apparent violation has occurred and informal resolution is not appropriate or if it is not resolved adequately, report the alleged violation to a board member.

Coaches cooperate with the Board of Director on all violations. Failure to cooperate with the Board is itself an ethical violation.

Coaches do not file or encourage the filing of frivolous complaints. Frivolous complaints may be mischievous or malicious and harm the PAL organization and individuals.

VI. PAL Coach's Code of Ethics:

A. Safety:

- 1) The coaches first responsibility is the health and safety of all participants.
- 2) It is recommended that coaches become certified in basic first aid.
- 3) Be prepared to handle first aid situations as well as medical emergencies at all practices and games, both at home and away. Be familiar with first aid kits, 911 procedures, location of nearest emergency facility and always carry the medical release forms for players.
- 4) Know and understand the rules of the game.
- 5) Inspect players' equipment and court conditions for safety reasons.
- 6) Utilize proper coaching techniques and instruct players regarding safe techniques and methods of play.

- 7) Implement appropriate training programs to insure players are fit for practice and games.
- 8) Supervise and control players to in order to avoid injurious situations.

B. Player development:

- 1) Develop the child's appreciation for the game.
- 2) Keep winning and losing in proper perspective.
- 3) Be sensitive to each child's needs.
- 4) Educate the players regarding the technical, tactical, physical and psychological demands of the game for their level.
- 5) Allow players to experience all positions.
- 6) Conduct practices in the spirit of enjoyment and learning. Players need to have fun and receive positive feedback.
- 7) Strive to help each player reach his (her) full potential, preparing them to move to the next stage of development.

C. Ethics

- 1) Strive to maintain integrity within the sport.
- 2) Know and follow all rules and policies set forth by PAL.
- 3) Work in the spirit of cooperation with Officials, coaches, players and parents to provide the players with the maximum opportunity to develop.
- 4) Be a positive role model.
- 5) Set the standard for sportsmanship with opponents, referees, spectators and players.
- 6) Keep sports in proper perspective with education.
- 7) Encourage moral and social responsibility.
- 8) "Just Say No" to drugs and alcohol.
- 9) Coaches should continue their own education in the sport.

D. Coaches:

- 1) Read and take a course on the rules of the game.
- 2) Be accepting of the referee's decisions.
- 3) Remain calm.
- 4) Do not make loud and/or offensive remarks.
- 5) Concentrate on coaching rather than the accuracy of the referee's decisions.
- 6) Be a role model of fair play.
- 7) Be positive. Avoid confrontations with officials.
- 8) Attend coaching clinics to learn the most effective ways to conduct practices.
- 9) Give good guidelines to parents. Be firm with parents at games.
- 10) Teach skills and fair tactics. Discourage unfair gamesmanship.
- 11) Play the game and encourage parents to play and referee. Get the parents involved.
- 12) Referee games.

E. Parents:

- 1) Be knowledgeable of the game.
- 2) Encourage fair play at home and at the game.

- 3) Be supportive. Be sure your child attends practices. Pick them up on time.
- 4) Attend all games.
- 5) Be positive, or quiet at games.
- 6) Be respectful; if you expect your child to be respectful.
- 7) Focus on good nutrition.
- 8) Volunteer to help the coach.
- 9) Become a referee.
- 10) Be calm and have good manners.
- 11) Support the coach's and referee's decisions.
- 12) Encourage communication between your child and the coach.
- 13) Help your child at home.
- 14) Concentrate on praising **ALL** players during the game.
- 15) Be a role model for your child.

VII. Practices:

- A.** Meetings will be held each year prior to the beginning of the basketball season, by PAL to advise coaches which gyms and times will be available for practices. Each practice time and number of practices per week will be determined by the number of teams formed and facilities available. Each player will participate in practices unless injured or disciplined. Failure of a player to make practices may result in the wavering of mandatory playing time as a form of discipline. The coach should notify the PAL Director prior to the next scheduled game regarding the disciplinary "benching" of a player and/or note the "benching" in the score book at the time of the game. Coaches should advise the child's parents as well.

All coaches will have at least one parent or adult appointed as hall monitor during all practices. Practice facilities will be locked during PAL use. The hall monitors will be responsible to ensure that only authorized persons are in the gyms. Also, the hall monitor will let the next team in for practice.

- B.** Only authorized team members are allowed at practices. Unauthorized people will not be permitted at practices and will be asked to leave. Violation of the "Closed" practice policy may result in loss of the practice facilities for all teams. All parents are encouraged to volunteer to assist the coaches as well as referee games and keep the score book.
- C.** Any vandalism, damage to school property or disruption of school programs during PAL practices may result in loss of team practices for one week or more. Any vandalism, damage or disruption is to be reported to PAL President or area representative immediately.

VIII. Games:

- A.** All games are to be played according to High School rules. PAL League specific rules will be developed to address unique situations not occurring in a High School setting.
- B.** Games will be played only between teams in their respective leagues.
- C.** Each player will play according to the time specifications of his/her league.

- D. Only team players and coaches are allowed on the bench during a game. Coaches may stand and instruct their players, only in the coaches area as outlined in the Official NIAA rules. Only the head coach may stand.
- E. Games will start with a center court jump ball; thereafter, teams will alternate possession on jump ball situations and start of quarters. The time-keeper will be responsible for the maintenance of the possession arrow.
- F. Each team will be allotted three (3) full time outs per game and two (2) 20 second time outs per game. One additional full time out will be allotted to each team should an overtime period be necessary.
- H. If a team cannot field five (5) players at the start of a game, the game will be forfeited. Extenuating circumstances may result in the rescheduling of a game, such as severe weather, scheduling error, etc.
- I. Minimum and/or maximum playing times for players are established by the Board as needed for the betterment of the League and players.

IX. Coaches:

- A. The head coach is responsible for all equipment furnished to his/her team by PAL. Returning of equipment shall be made by the head coach or a team representative no later than two weeks after the end of the regular season or tournament. Returning equipment shall be made to the PAL area representative or Director.
- B. All coaches are representatives of the PAL League to the players, parents and public. It is imperative that they conduct themselves in a sportsmanlike manner at all times, both on and off the court. Coaches are responsible for their players' conduct as well as the parents of their players. Coaches need to communicate to the parents the purpose of the PAL League and be an example of conduct for the parents and players to emulate. Those coaches that fail to abide by the principles and spirit of the PAL program may not be allowed to coach the next year. Flagrant violations of the rules or conduct which shocks the League most likely will result in the removal of the violator from further coaching with the children.
- C. Coaches are required to have meetings with the parents at the beginning of the season, and through the season if necessary, to discuss the policies and procedures of the League and to explain the purpose and direction of the League.
- D. It is the responsibility of the coach to have every player wearing **plain black or colored gym shorts that every member on the team is the same**. No stripes or logos over 2 1/2", lettering or other decals may be on the shorts. Plain white, black or corresponding colored tee-shirts, under the jersey are optional. All players wearing t-shirts will wear the same color as their teammates. This is Mandatory with no exceptions.

X. Regular Season and Tournament Competition:

- A.** The ranking of each team will be determined by the win/loss record of the team. In the event of a tie in the standings, head to head competition will be the tie breaker. If the teams vying for a position have not played head to head, then High School rules will be used to determine the standings or at the discretion of the PAL President or area representative.
- B.** A tournament will be held for the 7th & 8th Grade and Elementary 5th & 6th grade divisions. The tournament format will be determined by the time and facilities available.
- C.** The regular season of the 7th & 8th Grade and 5th & 6th Grade division shall consist of ten (10) Games. The 3rd & 4th Grade division shall consist of eight (8) or less Games.
- D.** The Elementary 2nd, 3rd & 4th grade division is not considered a competitive league. Under no circumstance are fouls, scores or personal statistics to be recorded by any PAL representative including coaches or assistant coaches or anyone affiliated with the game.
- E.** The PAL President or Board of Directors may authorize the addition of players to any specific team within the first ½ season of play. Under no circumstance will the PAL President or Board of Directors permit the addition of players after the mid-point of any season.
- F.** It is the responsibility of the PAL area representatives or coach to provide an electronic file or hard copy of the final team roster to the PAL President or the Board of Directors upon formation of league team as per National PAL record requirements.

XI. Disciplinary Action:

- A.** Disciplinary action may be taken against any coach for any violations of the rules, policies or procedures. If an alleged violation is brought to the Board, the Board will convene as soon as practical to determine if a violation has occurred and to decide what appropriate disciplinary action should be taken. Disciplinary action may include forfeiture of the game in question, forfeiture of the next scheduled game should the violation not involve a game, or suspension or dismissal of the coach. Disciplinary action will be consistent with the severity of the violation. The Board shall forward their findings and recommendations to the PAL President or area representative who will take disciplinary action. If the alleged violation is taken to the PAL President or area representative he/she will investigate the allegation and report those findings to the Board along with his/her disciplinary action.
- B.** Violation of the mandatory playing time rule will not be tolerated by the Board. Proof of an infraction could result in forfeiture of the game in review, suspension or dismissal of the coach. Repeated violations will result in forfeiture of the games in question and suspension or dismissal of the coach who has repeatedly violated the playing time rule.
- C.** Two technical fouls on a player will result in the ejection of the player from the game and a suspension of one additional game. The coach and/or player may appeal the mandatory suspension to the PAL President. Only the most unique situations will be considered for reversal of the mandatory suspension. Should a coach receive two technical fouls in a game for un-sportsmanlike behavior, the coach will be ejected from the game and will be suspended for two additional games. Un-sportsmanlike conduct will not be tolerated in the PAL League under any

circumstances.

- D. Any spectator demonstrating a rude, abusive behavior during a game will be required to leave the game immediately by the referee. Should this situation arise, it is the responsibility of the coaches to support the decision of the referee. Administration of removal of a spectator shall be the responsibility of a PAL Director or area representative if present. If there is not a PAL representative present and the situation cannot be controlled, the game will be temporarily suspended and continued at a time set by the PAL President.
- E. Fighting will not be tolerated under any circumstances. Players or coaches who fight, instigate or attempt to instigate a fight will be ejected from the game and expelled permanently from further League involvement. Any player or assistant coach who leaves the bench during an altercation will be ejected and suspended for one additional game. The head coach is expected to assist the League by helping the officials to break up the fight.
- F. All ejected persons must leave the gym within 1 minute. Any further disruption by ejected players or coaches may result in the forfeiture of the game.
- G. All ejections will be reviewed by the Board as soon as practical.

XII. 7th & 8th Grade Basketball

- A. The 7th & 8th Grade League will consist of 7th & 8th grade students. Exceptions to permit playing of younger students shall be made by the Directors.
- B. 7th & 8th Grade games shall consist of two (2) 20 minute halves with a running clock. The clock will stop only for timeouts, flagrant fouls, technical fouls, injuries, referee discretion, and the last three (3) minutes of the 2nd half. This format shall be applied to all regular season games and all tournament games. The clock may continue to run in the last 3 minutes of the 2nd half at the discretion of the PAL Director or referee.
- C. As practical and possible, there shall be a ten (10) game season followed by a single or double elimination tournament depending on time constraints.
- D. Ball Sizes shall be the official National Federation of High School Athletics (NFHSA) respectively for boys', and girls', play.
- E. Each player will play a minimum of **10 minutes per game**, unless recognized disciplinary action has been recorded by the coach prior to the start of the game. The disciplinary action must be recorded in the official score book and initialed by the opposing coach.
- F. The full court press will not be used by a team when that team is leading by **15 points** or more at any time during the game or overtime. The first violation of this rule shall result in a warning. The second violation and subsequent violations will result in one "technical foul" assessed to the head coach and one foul shot for each infraction. This rule applies to all regular season and tournament games.

- G. Foul shots will be from the free throw line as per high school rules, which do not permit anyone in the key area prior to the ball touching the rim.
- H. If at the end of regular season game play, the game is tied, a three (3) minute overtime period shall be played. If at the end of the 1st overtime, the game is still tied, a 2nd three (3) minute overtime period will be played. If at the end of the 2nd overtime period the game is still tied, the game shall end in a tie. For each overtime period, one additional full time out will be given to each team. All overtime periods shall begin with a center court jump ball. All tournaments games must conclude with a winning team. Overtime periods of three minutes each will be played in its entirety until a winner is decided.
- I. **Uniform:** It is the responsibility of the coach to have every player wearing **plain black or colored gym shorts that every member on the team is the same.** No stripes or logos over 2 1/2", lettering or other decals may be on the shorts. Plain white, black or corresponding colored tee-shirts, under the jersey are optional. All players wearing t-shirts will wear the same color as their team-mates. This is Mandatory with no exceptions.
- J. Draft Rules apply to the 7th & 8th Grade league as outlined in Section **XV**.
- K. With the exceptions of these respective PAL rules, all games shall be played in conformance with the State of Nevada High School Rules.

XIII. Elementary 5th & 6th Grade Basketball

- A. The 5th & 6th Grade division shall consist of 5th and 6th grade students only. Exceptions to permit playing of younger students shall be made by the Directors.
- B. In the 5th & 6th Grade division, the games will consist of two (2) 20 minute halves with a running clock. The clock will stop only for time outs, flagrant fouls, technical fouls, injuries, referee discretion, and the last three (3) minutes of the second half. The clock may continue to run in the last 3 minutes of the 2nd half at the discretion of the PAL Director or referee.
- C. The game ball will be the official size boys or girls National Federation of High School Athletics respectively. The boys' ball is NFHSA 29.5" diameter, the girls' ball is NFHSA 28.5" diameter.
- D. As practical and possible, there shall be a ten (10) game season followed by a single or double elimination tournament depending on time constraints.
- E. Each player will play an **EQUAL** amount of time per game. Failure to meet this requirement may result in the removal of the coach and/or the forfeiture of the game, unless recognized disciplinary action has been recorded by the coach prior to the start of the game. The disciplinary action must be recorded in the official score book and initialed by the opposing coach.
- F. The 5th & 6th Grade division may play **Man to Man, Zone Defense or Half Court Press.** A half court press or zone defense may be utilized as long as all defense' is restricted to the defensive half court. The pressing defense may not extend past the half court line. All defensive violations will result in the first violation as a warning. The second violation and subsequent violations will result in one "technical foul" and one foul shot each infraction. This rule applies

to all regular season and tournament games. A team may play defense on the court as play continues such as on a turnover or rebound this does not constitute a full court press. If play is stopped by the official for a timeout, foul or any other reason the defense must return to the defensive half court.

- G.** A **Full Court Press** may be played the last three (3) minutes of the second (2nd) Half unless a team is leading by **10 points** or more that team shall not implement a full court press.
- H.** An offensive player may maintain position in the key for five (5) seconds.
- I.** In the 5th & 6th Grade division there will be one three minute overtime period permitted. If the game ends in a tie after the overtime period, then the game is recorded as a tie. One additional full time out will be given for the overtime period.
- J.** Intentional foul shot lane violation are enforced in the 5th & 6th Grade division. An unintentional violation of the free throw line during a shot will not be enforced. All violations will be enforced at the discretion of the referee. No other player may enter the key to rebound prior to the ball contacting the rim.
- K.** The 5th & 6th Grade division will play with standard 10' height baskets.
- L.** **Uniform:** It is the responsibility of the coach to have every player wearing **plain black or colored gym shorts that every member on the team is the same**. No stripes or logos over 2 1/2", lettering or other decals may be on the shorts. Plain white, black or corresponding colored tee-shirts, under the jersey are optional. All players wearing t-shirts will wear the same color as their team-mates. This is Mandatory with no exceptions.
- M.** Draft Rules apply to the Elementary 5th & 6th Grade as outlined in Section **XV**.
- N.** With the exceptions of these respective PAL rules all games shall be played in conformance with the State of Nevada High School Rules.

XIV. Elementary 2nd, 3rd & 4th Grade Basketball

- A.** The 2nd, 3rd & 4th Grade elementary division is not a Competitive League. **Under No Circumstance** are fouls, scores or personal statistics to be recorded by any PAL representative including coaches, assistant coaches clock operator during the game.
- B.** The 2nd, 3rd & 4th Grade elementary division shall consist of, 2nd, 3rd and 4th Grade students only. Exceptions to permit playing of younger students shall be made by the Directors.
- C.** All 2nd, 3rd & 4th Grade games are 4 quarters of 8 minute duration. The clock will run continuously except when stopped by the referee or for time outs and player substitutions. **No scores, fouls or individual statistics shall be recorded** in the 2nd, 3rd & 4th Grade division.
- D.** Coaches shall be responsible to have himself / herself an assistant coach or parent to referee each game in the 2nd, 3rd & 4th Grade division.
- E.** The game ball will be the official Youth Ball 27.0" diameter.
- F.** As practical, the season will consist of 10 games per team for the 2nd, 3rd & 4th Grade division.
- G.** Each player will play an **EQUAL** amount of time per game. Failure to meet this requirement may result in the removal of the coach and/or the stoppage of the game.
- H.** No lane violations are to be enforced.
- I.** Man to Man defense is the only defense permitted in the 2nd, 3rd & 4th Grade division, double teaming is not permitted at any time.
- J.** In the 2nd, 3rd & 4th Grade division, no full court pressing is allowed at any time. All players must return to half court on all defensive rebounds or turnovers and all inbounds.
- K.** No foul shot lane violations are called in the 2nd, 3rd & 4th Grade division. It may be necessary to actually move some players up beyond the foul shot line in order for them to make proper shots. This is at the referee's discretion. Violation of the free throw line during a shot will not be enforced. However, the shooter or other players may not intentionally enter the key to rebound prior to the ball contacting the rim.
- L.** In the 2nd, 3rd & 4th Grade division, eight foot (8') baskets will be used.
- M.** **Uniform:** It is the responsibility of the coach to have every player wearing **plain black or colored gym shorts that every member on the team is the same.** No stripes or logos over 2 1/2", lettering or other decals may be on the shorts. Plain white, black or corresponding colored tee-shirts, under the jersey are optional. All players wearing t-shirts will wear the same color as their team-mates. This is Mandatory with no exceptions.
- N.** No draft rules apply to the Elementary 2nd, 3rd & 4th Grade division. The PAL Directors will develop the team rosters at their discretion.

XV. Draft Rules for Elementary 5th& 6th Grade and 7th& 8th Grade Basketball

A. Protected players:

- 1) The head coach may protect his/her child (ren) only. If the head coach resigns or steps down, during the season his child will remain on that team and may be reinserted in the draft the following year. If a head coach steps down or resigns, he will not be eligible to coach for one year.
- 2) An assistant coach may protect his/her child (ren) only by surrendering the team's first round draft pick for the child. If the assistant coach has multiple children, then one draft choice per child must be surrendered to protect each child.
- 3) In the event that a team has a second or third assistant coach, then each protected child will cost the team the next appropriate draft choice.
- 4) Same gender siblings are required to be placed on the same team unless the parent desires otherwise. During the draft siblings will be identified on the Draft list as such and each siblings will count as one pick each.

B. Drafting process:

- 1) Drafting for each successive year shall be based upon the ending regular season standings from the prior year. Last place teams shall have first draft picks while first place teams will have last picks.
- 2) Only those players who try out can be drafted. Any player not in attendance for the draft will be placed in a separate lottery. After all attendees have been drafted, coaches will select a player from the non attendees by drawing from a blind lot. The order of selection shall be the same as for the draft.

C. Siblings:

All same sex siblings shall be placed on the same team. This applies only to brothers and sisters or step-brothers and step-sisters. If a team has a player who has a younger same sex sibling entering the league, the PAL representative shall assign the younger sibling to the same team as the older. If there are two siblings signing up as new players, they shall be counted as a single draft pick and be placed on the same team. There will be no draft pick lost for siblings.

- ### **D.**
- Isolated, unique situations will present themselves from time to time. The PAL Representative reserves the right to review these on a case by case basis and make exceptions as needed for the betterment of the League and the individual player.

XVI. Miscellaneous:

- A.** Any parent wishing their child not be coached by a specific person must submit this request in writing to the PAL President for review. If there is a valid problem, the PAL President or area representative may assign the child to a particular team or place that child in the draft if applicable.
- B.** A coach may present any player to the PAL President or area representative who is a disciplinary problem, is un-coachable, or whose parents are adversely affecting the coaches' ability to coach the player and/or team. The PAL President or area representative will review the situation, contact the parents and player and rule as to whether the player will remain in the League or be suspended.
- C.** PAL does not allow any coach or player to wear any clothing that promotes the use of alcohol, tobacco, or drug products. No jewelry may be worn by players during the game. No player will be allowed to play if tattoos are visible. No Do-rags or other socially offensive attire will be allowed, as defined by National High School rules and/or PAL specific rules.
- D.** Coaches are responsible for their players and parental conduct during games and practices.
- E.** The Board reserves the right to modify or change rules for the betterment of the program. The PAL Directors may modify, review and consider special circumstances and situations which are in the best interest of the players and League. The PAL Directors may rule in individual cases that supersedes the normal PAL rules.
- F.** **Uniform:** It is the responsibility of the coach to have every player wearing **plain black or colored gym shorts that every member on the team is the same.** No stripes or logos over 2 1/2", lettering or other decals may be on the shorts. Plain white, black or corresponding colored tee-shirts, under the jersey are optional. All players wearing t-shirts will wear the same color as their team-mates. This is Mandatory with no exceptions.
- G.** The jerseys are not to be modified in any way. Should the jersey be too large or small for a player, please notify the PAL President or area representative for a replacement jersey. It is the responsibility of the head coach to maintain a roster of players and the jersey number assigned to each player.
- H.** Any player not properly dressed for a game will not be allowed to play.